

Crate Full O' News

Week 2, June 20-22, 2006

Up and Running!

Thanks again for joining the 2006 DeBerry Farm CSA Vegetable Subscription Service!

OK, so we may have overdone it a bit on the lettuce last week. (This is according to some of our members!) We will keep adding new items, and hopefully you'll find the variety of vegetables is enough to keep you excited about eating this fresh, wholesome food.



At the farm

We are so very excited! In addition to the new items in your crate this week, we have some new early surprises!

We picked over 2 pounds of strawberries out of our organic research plot on Monday. That's not a lot for 1,000 plants, but as production increases, we should see larger numbers. (and some sweet berries in your crate!)

We had our very first ripe cherry tomato on Monday as well. Just a few very early ones are turning red—the rest won't turn until mid to late July.

Farm Feature Picture:



Here's a picture taken from the lower end of the field by Rt. 219. The row in plastic on the right is yellow squash, next is zucchini. The rest of the field will be our pumpkin patch, with a few mini sunflowers near the road.

Our pumpkin patch (see picture, below left) is starting to take off. We're experimenting with a new way of growing pumpkins. We planted rye in the field early this spring, let it grow tall, then rolled it down to kill it. Then we planted the pumpkins through the bed of rye. The rye (in theory) is supposed to help keep weeds from growing (much like our plastic mulch does) and it will give a nice, soft, dry place for the pumpkins to grow big.



This week:

Here's what is in your share this week (remember to wash all veggies before eating)

Broccoli: The broccoli is almost a blue color when raw (and, we might add, very tasty to eat raw) but will turn bright green when popped into boiling water to cook. So be sure to start with boiling water - it keeps the color of green veggies bright. It only takes a few minutes to boil broccoli to soften it and bring out the flavor.

Sugar Snap Peas: These peas do not have to be shelled—eat the pods and all! They do have to be “stringed” though. Just snip the ends and pull the string off each side.

They are wonderful raw (a very sweet and crunchy snack) or can be cooked, steamed, or microwaved until crisp-tender.

Green Onions: tender & tasty! Use in sauté dishes, add to salads, chop the greens as a garnish for casseroles, or just dip them in a little salt and munch them like a carrot!

Greens: Lettuce, Kale, Spinach



Anna's Corner



If you noticed several small pieces of kale, collards, and spinach last week, you can thank Anna. She helps her daddy when he's picking by pulling off what she can (usually the very last inch of the tip of the leaf), and putting it into the crate.

Her favorite place to walk is in freshly tilled ground (nice and soft). So our newly tilled planting beds often have little footprints all the way down the row.

She also likes to pull up an occasional plant to “inspect” the roots. Luckily we have tolerant, forgiving natures (and plenty of extra plants in the field) to allow a little exploration on her part. ☺

Website woes

Sorry I (Cheryl) haven't gotten the newsletters up on the website yet—I'm having website woes. I hope to get the problem fixed as soon as I can!

How are we doing?

We thrive on feedback, so please give us some! Let us know what you like (and don't). We want to improve our service for you!

Our contact information is below. Please call or email if you ever need help with your subscription or if you have a word of advice or encouragement.



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Stir-Fried Kale and Broccoli Florets

- 1/8 cup extra virgin olive oil
- 7 cloves garlic, sliced (or 2 stalks green garlic, chopped)
- 1 chili pepper, chopped (optional)
- 1 head fresh broccoli, chopped
- 1 bunch kale, stems removed and chopped
- 1/4 cup sun-dried tomatoes, cut in thin strips
- juice of 2 limes
- salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chili pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Caesar Salad Dressing

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| 3/4 cup olive oil | 1 lemon, halved |
| 1/4 cup red wine vinegar | freshly ground black pepper |
| 1 teaspoon Worcestershire sauce | 1/4 cup grated Parmesan cheese |
| 1/2 teaspoon salt | garlic croutons |
| 1/4 teaspoon dry mustard | |
| 1 clove garlic, crushed | |

Mix all ingredients in the left column, pour over Romaine lettuce. Squeeze lemon over salad, top with generous amount of pepper and Parmesan cheese. Toss salad. Add croutons if desired.

Fun Salad Additions

Beyond the basic mushrooms, tomatoes, cheese, peas, carrots, tofu, cucumbers, broccoli, celery, cauliflower, beets, peppers, croutons, red cabbage, and onions, add some of these to your next salad for a new treat!

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| Cooked corn | Chopped apples |
| Grapes | Cranberry raisins |
| Sunflower seeds | Chopped nuts |
| Water chestnuts | Mandarin oranges |
| Baked beans | Cottage cheese |
| Pickles | Cooked mini shrimp |
| Fresh herbs | Barbecued or taco meat |
| Olives | Crackers or tortilla chips |

OK, maybe not all at once!!!

Baked Sugar Snap Peas

- 1/2 pound sugar snap peas
- 1 tablespoon olive oil
- 1 tablespoon chopped shallots
- 1 teaspoon chopped fresh thyme
- kosher salt to taste

Preheat oven to 450 degrees F. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt. Bake 6 to 8 minutes in the preheated oven, until tender but firm.

BLT Soup (Bacon, Lettuce, & Tomato)

- 1 qt. rich homemade tomato sauce
- 1/2 c. heavy cream
- 1/2 c. chicken broth
- Seasoned croutons
- Shredded lettuce
- 4 oz. bacon, cooked crisp and crumbled

Combine sauce, cream, and broth. Simmer until hot and creamy and strain if lumpy. Pour into bowls, sprinkle with croutons, top with lettuce and bacon.

"In the interest of full disclosure," we haven't tried this recipe - but it sounds delicious! Some versions have you adding the lettuce to the broth while it cooks. Experiment and find your own favorite versions! Let us know how it turns out!

Tips for the week:

Some of my favorite free websites for recipes:

- www.AllRecipes.com
- www.BettyCrocker.com
- www.RecipeLand.com

All have the "search by ingredient" feature, which I use a lot when I have fresh veggies in the summer.



Whatever You Do, Please Don't Overcook!!!

Soggy, slimy spinach, wimpy broccoli, mushy kale, and more await you if you overcook your veggies. Whatever you do, don't overcook fresh veggies! You'll lose nutrients as well as texture and flavor. Cook with minimal water, only until crisp-tender, by checking your veggies often while cooking!